

CLAIMS:

1. A method of construction including the steps of:
 - a) positioning at least one support member;
 - b) forming a foundation substantially adjacent the at least one support member;
 - c) excavating ground beneath the foundation to a prescribed depth; and
 - d) dropping the formed foundation to the prescribed depth.
2. The method of claim 1, wherein step c) further includes the step of partially excavating the ground beneath the foundation to temporarily leave at least one supporting region of ground in contact with and supporting the foundation.
3. The method of claim 2, wherein a plurality of such supporting regions are temporarily maintained beneath the foundation separated by excavated regions of ground.
4. The method of claim 1, wherein step d) further includes guiding the dropping of the formed foundation by the at least one support member.
5. The method of claim 1, wherein step d) further includes guiding the dropping of the formed foundation by a wall of the excavation created in step c).

6. The method of claim 1, further including repeating steps c) and d) until a desired depth for the foundation is reached.
7. The method of claim 1, wherein, prior to performing step c), a structure, is constructed on one or more sections of the foundation.
8. The method of claim 7, wherein the structure is a wall.
9. The method of claim 1, wherein the at least one supporting member is one or a combination of the following: a pylon, a pile, a hollow tube, a hollow tube filled with settable material, an H-frame, a beam.
10. The method of claim 1, wherein the foundation is formed in one or more segments.
11. The method of claim 10, wherein at least one supporting member is provided for each said segment.
12. The method of claim 10, wherein an expansion/contraction joint is provided between adjacent segments of the foundation.
13. The method of claim 1, wherein deflection of a wall created by step c) is prevented by one or more bracing means.
14. The method of claim 1, wherein deflection of a structure formed on said foundation is prevented by one or more bracing means.